STAY HEALTHY • STAY CONNECTED • AGE WELL

WESTWOOD COUNCIL ON AGING NEWS

MARCH/APRIL 2017

Special Thanks to:

Clark House at Fox Hill Village for sponsoring our St. Patrick's Day Luncheon;

Westwood Cultural Council for underwriting Doolin, an Irish Duo who will entertain our seniors during our St. Patrick's Day Party;

Disability Committee for hosting a Caring for the Caregiver evening;

New Pond Village for sponsoring three history lectures by Professor Gary Hylander;

District Attorney Michael Morrissey's Office for sponsoring a Shredding Day here at the Center;

Amada Senior Care for offering an important discussion on long term care costs;

Elaine de Reyna, Elder Real Estate Specialist, for hosting a program on selling your home;

Hospice of MA for hosting a program to help understand memory loss;

Brookdale of Dedham for hosting a spring brunch to celebrate the first day of spring;

And all the donors, volunteers and supporters who offer us their time and treasure; we could not continue to grow without you!

Letter from the Director

Last newsletter I wrote about the budget; in this newsletter I want to explain leadership and how we run the Center. Most towns have a Council on Aging (COA) which have directors and staff but are governed differently town by town.

In Westwood, the Director reports directly to the Town Administrator and the Center's staff report to the Director. However, as Director, I also work closely with the COA Board, which are nine volunteers approved by the Selectmen (they are listed on the back of this newsletter). These dedicated residents meet quarterly to discuss the direction of the Center as well as approve all budgets.

The Friends of the Senior Center are a much larger group of volunteers who help raise funds for the programs at the Center. They meet quarterly to discuss programming and approve requests by the COA Board and Director. (Presently, Ronnie Sullivan is President, Mary Hunt is Vice President, Susan Petrie is Treasurer, Marge Eramo is Assistant Treasurer and Mary Mahony is Secretary). They collect the program donations and other income and in return, underwrite the programs as budgeted.

Together the COA Staff, Board and Friends have created a Center that is warm, welcoming as well as helpful to Westwood residents as they age.

So as we are heading into spring, the Center will be hosting some fun and interesting new programs. We have three intergenerational program this spring, one at Powisett Farm (students ages 5-8); one at Deerfield School (students in 4th grade) and one at Thurston Middle School (7th grade students). We are always looking for new volunteers, so if you are interested please stop by and see me.

With March comes St. Patrick's Day — a day of celebrating everything Irish and green! Once again we are blessed to have Clark House at Fox Hill Village underwrite this fun luncheon and Westwood's Cultural Council underwrite Doolin, an Irish Duo. We also have a number of special programs including a Caring for the Caregiver Program (sponsored by the Disability Committee of Westwood), a Real Estate Program (sponsored by Elaine de Reyna), a Healthy Brunch (sponsored by Brookdale of Dedham), a Hospice Program (sponsored by Hospice of MA) and a program called Minds in Motion that will stimulate your brain!

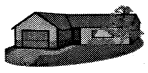
In April, we have two Gary Hylander lectures underwritten by New Pond Village of Walpole; a Shredding Day sponsored by District Attorney Michael Morrissey, a special luncheon to cheer on the Red Sox, a conversation on elder abuse with attorney Jim Sullivan, as well as a discussion on Paying for Care sponsored by Amada. Town Elections are on April 25th so we will not have any programs that day but if you need a ride to the polls, please let us know in advance.

Happy Spring Everyone!

Lina Arena-DeRosa

Karen's Corner—Outreach Counselor

HOME SAFETY



The Westwood Fire Department is running a Fire Safety and Fall Prevention program which offers free home safety inspections to seniors in town. The program was developed by the National Fire Prevention Association and the Centers for Disease Control and Prevention in order to help seniors live safely at home for as long as possible.

Westwood Firefighters will do a quick safety check of your home and provide you with tips to keep you safe. They will even assist you in replacing old smoke detectors, carbon monoxide detectors or batteries. Detectors and batteries are paid for through charitable donations and are free of charge to you. To take advantage of this great opportunity, please call Karen at the Council on Aging at 781-329-8799 to sign up for your free home safety inspection today! A staff member from the Fire Department will contact you to schedule your appointment.

Transportation with Trish

MAR	DESTINATION	Donation
1	Trader Joe's/Xmas Tree	$2.00
3	Shaw's	$2.00
8	Errands	$2.00
10	Big Y	$2.00
15	Errands	$2.00
17	Stop & Shop	$2.00
22	Errands	$2.00
24	Roche Bros.	$2.00
29	Market Basket	$2.00
31	Wegman's	$2.00

APR	DESTINATION	Donation
5	Errands	$2.00
7	Big Y	$2.00
12	South Shore Plaza	$2.00
14	Stop & Shop	$2.00
19	Errands	$2.00
21	Roche Bros.	$2.00
26	Walmart	$2.00
28	Shaw's	$2.00

Transportation is for Westwood residents age 60 or older, or disabled. All reservations *must be made at least 48 hours in advance* by calling the Senior Center at 781-329-8799. We will take only two reservations per telephone call. This bus is mainly for seniors who do *not* drive, and reservations are on a first-come, first-serve basis. Westwood residents will be picked up at their homes. Westwood Glen and Highland Glen residents will be picked up at their building. The suggested donation for this service is $2.00.

Medical Appointments: Transportation for medical appointments within a 10-mile radius is available Monday through Thursday from 8:30 a.m.-2:30 p.m.; Friday 8:30 a.m.-1:00 p.m.

Shopping: Participants are restricted to **4 shopping bags** per person. Food shopping trips are on most Fridays. The COA will make 2 trips for food shopping at 9:00 and 10:00 a.m. The 9:00 trip will be picked up at 10:30 and the 10:00 trip will be picked up at 11:30 for the return trip home. Local shopping trips and errands within a 5-mile radius are also available on most Wednesdays.

Westfare Taxi Vouchers are available to *eligible seniors who no longer drive*. A purchase of $12.00 will buy $48.00 worth of transportation. For more information, call (781) 329-8799 and ask for Karen.

Day Trips at the Center

March 21 ~ Twin Rivers Casino ~ $10/per person. Leave center at 9:00. Lunch is pay on your own.

April 20 ~ World War II Museum (Men's Club); ~ $20 pp Leave Center at 9:15 returns noontime.

Please sign up in advance as trips fill up fast. For more information, stop by the Center.

FOX TRAVEL Day & Overnight Trips are back!

Sign up early as space is limited!
For more information, stop by the Center.

JUNE

NIAGARA FALLS AND ERIE CANAL SPECTACULAR
Wednesday-Friday, June 14-16
$430 Double/$419 Triple/$530 Single
Itinerary
Day 1 – Travel, Hotel - Dinner (and Casino across from hotel)
Day 2 – Breakfast, Niagara Falls Cruise and tour from Canada Side & dinner
Day 3 – Breakfast, visit Lockport NY, narrated cruise of Erie Canal, Travel back (Lunches on own)

BLOCK ISLAND
Monday, June 12th
$115 per person ~8-7 p.m.
~Transportation to Point Judith R.I., Ferry to Block Island, Tour, Lunch, Shopping

JULY

NARRAGANSETT LIGHT HOUSE
Monday, July 24th
~$99 per person ~9-5 p.m.
~Transportation, Lunch, Ferry ride

AUGUST

TANGLEWOOD
Sunday, August 6
~$168 per person ~10-6 p.m.
~Transportation to Tanglewood, Lunch, Ticket in hatchshell

MARTHA'S VINEYARD
Thursday, August 10
~$95 per person ~8-7 p.m.
~Travel to Falmouth, Ferry to Martha's Vineyard, Tour, Visit Edgartown (lunch on own)

SEPTEMBER

RED SOX GAME
Thursday, September 14
~ $100 per person ~ 10:30-5:30
~ Reserved Seats Third Base Grandstand/ Transportation/Red Sox vs Athletics

NORTH SHORE MUSIC THEATER
Wednesday September 27
~$115 per person ~9:30-5:30
~Transportation, Lunch and EVITA Theater show

SPRING 2018

ULTIMATE AFRICAN SAFARI WITH OVERSEAS ADVENTURE TRAVEL
15 days/$6,000 all inclusive!
Join us on an international adventure to Botswana, Zambia and a Zimbabwe.
Details coming this summer!

Stay Healthy at the Senior Center

LOW IMPACT EXERCISE *with Eileen*

- Mondays and Wednesdays, 1 p.m.
- $3 donation *No class March 13 & 15; April 17*

It is time to get back in shape! This fun low impact exercise class can be done in a chair and will help with stretching and toning of your muscles. Please wear comfortable clothing and bring a water bottle.

CORE WORKOUT *with Stephanie*

- Wednesdays & Fridays, 8:30-9 a.m.
- $2 donation *No class April 17*

Spring is a great time to get your muscles back in shape for the summer! This ½ hour workout will help you strengthen and tone your back, stomach and abs.

FUN FIT *with Stephanie and Eileen*

- Mondays, Wednesdays & Fridays, 9:00 a.m.
- $3 donation

If you are ready to get your heart pumping and your body moving then come join this fun aerobics class! Please wear comfortable clothing, sneakers and bring a water bottle.

YOGA *with Bonnie*

- Tuesdays & Thursdays
  8-9 a.m.~Mat/Floor Yoga; 9:30-10:30 a.m.~Chair Yoga
- $3 donation *No class Thursday, March 16; Tuesday, April 25*

Time to get off your chair and start stretching! The 8 a.m. mat class is for those students who would like to come down to a mat, move on all fours and work on standing postures. Our motto is always, do what you can and adapt any and all postures for your body. We use blocks, blankets and bolsters to help support us in class. The 9:30 a.m. chair class starts out with breath work and gentle movements seated in the chair and then we add some strengthening and balancing movements. Each class ends with some kind of guided meditation or relaxing breath work to leave you feeling more balanced and relaxed.

MEDITATION *with Soni*

- Tuesdays, March 14 & 28; April 11, 11:15-11:45 a.m.
- No cost for this program

Exploring peacefulness and peace of mind will help you enjoy every event to the fullest. Come learn how to harness your inner powers to maintain an unshakable mind. The sessions are done while seated comfortably on a chair. All are welcome.

SHINE *with Mary*

- March 8 & 22; April 5 & 19
- 9 a.m. to 1 p.m. ***BY APPOINTMENT ONLY***

Everyone should take a moment and make sure they have the correct prescription drug coverage. If you are concerned or have questions, SHINE can help you. Appointments fill up fast, so schedule yours soon.

BLOOD PRESSURE CLINIC

Sponsored by the Board of Health

- March 15 and April 19
- 9 a.m. to noon

Free Blood Pressure Clinic — No appointments necessary.

T'AI CHI *with Scott*

- Tuesdays, 1 p.m.
- $3 donation *No class March 7; April 25*

This gentle form of exercise can help maintain strength, flexibility, balance before you head out to your garden. Come join us and experience this healthful activity for yourself!

ZUMBA GOLD *with Christine*

- Tuesdays, 9-10 a.m.
- $3 donation *No class April 25*

Spring is almost here! It's the perfect time to give Zumba Gold a try! A fun way to build your cardiovascular endurance, and improve mobility, balance and even memory! You will leave class feeling strong and energized. Join us for 45 minutes of "exercise in disguise".

MINDS IN MOTION

- Tuesday, March 7; for eight consecutive Tuesdays
- 2:15-3:15
- $25 donation – space is limited so you MUST sign up in advance

In a large bowl, blend in the stimulation of a college workshop with the fun of a backyard barbecue; sprinkle in several cups of strongly-held opinions and a pinch of personal revelation. There you have the recipe for Minds in Motion, a lively program at the Westwood Senior Center that introduces a new topic in each of its eight one-hour sessions.

TAKE A WALK IN MY SHOES

Sponsored by Hospices Services of MA

- Tuesday March 21 at 11 a.m. – *Please sign up in advance*

Take a Walk in my Shoes is an engaging empathy training, educating about sensory loss and deficits that occur as we age. It is designed to help Eldercare Professionals and family members learn what occurs to our bodies physically, and to understand emotionally how this process feels to the elders we serve. Light refreshments will be served.

CREATING A SELF-CARE PLAN FOR CAREGIVERS — CARING FOR ANYONE OF ANY AGE

Sponsored by Westwood Disability Commission and HESSCO Elder Services

- **Thursday, March 30**; 7-9 p.m.

So many caregivers never think about their own health and wellness. Go through this guided exercise to decide what is most important to you and set goals that will put you on the path to wellness. The program will feature ways to relax and reduce stress. Facilitated by Sarah Foss, MSW, LCSW and Sheryl Leary, LSW. Light refreshments will be served.

LONG TERM CARE COSTS AND PAYMENT SOURCES

Sponsored by Amada Senior Care –Colin Press President and Owner

- Monday, April 24th at 10 a.m.
- No cost to this program, but please sign up in advance so we know how many to expect

Come learn about secrets if you have long term health insurance (and costly mistakes), Veteran's Benefits, creative ways to pay for care and "hidden" sources available. Light refreshments will be served.

UNDERSTANDING AND PREVENTION OF FINANCIAL ELDER ABUSE

with Attorney James O'Sullivan

- Wednesday, April 26th at 10 a.m.
- Please sign up in advance so we know how many to expect

COA member Jim O'Sullivan will speak on elder protective services focusing on financial exploitation and scamming of the elderly. O'Sullivan & Connolly, PC represent 8 ASAPs, including HESSCO, and have filed over 2.000 cases in the probate courts of Massachusetts seeking to protect people over the age of 59 from abuse, neglect and financial exploitation.

Stay Connected at the Senior Center

WATERCOLOR *with Joan*

- **Beginner Class:** Tuesdays, 10 a.m.-noon
  Intermediate Class: Mondays, 10 a.m.-noon
  Advanced Class: Mondays, 1-3 p.m.
- $35 for six week sessions – space is limited to 12 students per class. Please sign up in advance.

No class April 17 & 25

Beginner class – learn color blending, mixing the primary colors and important fundamentals to water coloring.
Intermediate class – Knowing the fundamentals, focus is on color, shape and design.
Advanced class – choose your own subject to paint and challenge yourself as we discuss the steps to proceed.

THURSDAY QUILTING CLUB

- Thursdays, March 2 & 30 | April 6 & 13; 1-3 p.m
- *No cost to this program.*

The new "Thursday Quilting Club" is up and running and looking for members who love to quilt. If you enjoy quilting and would like to come by and share what you are working on, get ideas and ask questions to fellow quilters, then stop and join this growing group.

MAH JONGG *with Cynthia*

- *Beginners:* Thursdays, 11-12:30 p.m.
  Advanced: Thursdays, 12:30-3 p.m. *No Mah Jong on March 16.*

Mah Jong is a game of skill (and luck) that will stimulate your brain and a great way to break the winter blues! So if you want to learn or already know how, stop by and find out what all the fun is about.

BINGO

- Every Thursday at 1:00 p.m. *No Bingo on March 16.*

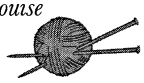
Need an excuse to get out of the house during these cold winter months? Come join this fun filled group who laugh and enjoy a good game of BINGO! Refreshments are always served and you might just meet up with an old friend.

BRIDGE

- Every Friday, 10 a.m.-2 p.m.

Get off the couch and come exercise your brain. This friendly and welcoming Bridge group is always looking for new players. Bring your lunch (coffee and tea provided by the Center) and come make some new friends.

KNITTING AND CROCHETING *with Louise*



- Tuesdays, 1:00 p.m.
- $3 donation *No class April 25*

Want to learn a new skill? Knitting is relaxing and rewarding! So come join this fun and open group of knitters who help each other when the directions just don't make sense!

CRAFTS *with Lorraine*

- Wednesdays, March 1 and April 5; 10-12 noon

Calling all crafters! If you enjoy "crafting" then this is the class for you. All crafts that are created are sold at the Center (or you can buy the craft you make!)

WESTWOOD WOMEN'S CLUB *with Peg*

- Thursdays, March 9 & April 20; 1:30 p.m.

March 9th – ***Robert Jackson*** – Former History Professor
April 20th – ***Police Officer Pulli*** and K-9 demonstration with Police Dog Duke

WESTWOOD MEN'S CLUB *with Bob*

- Thursdays, March 23 & April 20
- 9:30 a.m. General Meeting & coffee/10 a.m. Speakers

March – ***All About Beer!*** Something is brewing right here at the Westwood COA. Castle Island Brewery will explain lager, malt, mash and more (no tasting – sorry!)
April – ***WWII Museum*** – Join us as we travel to the WWII Museum in Natick. Cost is $15 pp and $5 more if you are taking the van with us. YOU MUST SIGN UP IN ADVANCE to participate.

WESTWOOD GARDEN CLUB *with Mary Jo*

- March 23 at 1:30 p.m.

'Tis Spring and the earth awakens' … June Rubin, owner of Wildflower Westwood will give a demonstration on using a variety of bulbs in an arrangement.

- April 27 (at Temple Beth David) at 11:30 p.m.

A stitch in time … Mary Masiello's quilts will be coordinated with tablescapes and floral arrangements. Members are asked to participate in this fundraiser / set up is at 9:30 followed by program, tea and lunch at Temple Beth David.

FREE BI-MONTHLY MOVIES

- Tuesdays, 1:00 p.m.

March 7 — ***The Meddler***
On the heels of her husband's death, Marnie Minervini moves to Los Angeles and begins interfering with her daughter Lori's life. But a chance encounter turns her attention in a different direction.
March 21 — ***Me Before You***
Lou Clark takes on the job of looking after rich but depressed Will Traynor, who's been left a quadriplegic by an accident. Despite Will's disillusionment, Lou is determined to show him that his life is worth living.
April 4 — ***Eddie the Eagle***
Eddie "the Eagle" Edwards becomes the first Englishman to compete in the Winter Olympics ski jump, relying on valor to make up for his lack of experience and bad eyesight
April 18 — ***Miracles from Heaven***
Based on real-life events, this drama recounts the story of Annabel Beam, who suffers from an incurable disorder. But a string of miracles leads to her complete recovery, Annabel's family and doctors are mystified.

LEGAL CLINIC

with Attorney Veranira Ochea from Metrowest Legal Services

- Wednesday, March 15; 1:30 p.m. to 3:30 p.m.
- BY APPOINTMENT ONLY

Metrowest Legal Services provides free legal aid to seniors on housing, public benefits and social security matters; durable power of attorney, health care proxy and simple probate matters; medicaid, nursing home issues, limited domestic relations; consumer rights and bankruptcy.

Gary Hylander Lectures – Seasons for Treason

Sponsored by New Pond Village of Walpole

- Tuesdays, April 11 & 18 at 10:30 a.m.
- *No cost but please sign up in advance so we know how many to expect.*

It was a SEASON FOR TREASON! Come hear about those in our history who have been charged with Treason and why they should (or should not) have gone to jail!

Age Well at the Senior Center

iPAD CLASSES *with Kim*

- March 1 & 8; April 5 & 12; 12-1:30
- $15 each session | $25 for both programs | Please bring your devices and chargers

You must sign up in advance as class size is limited to 10 students.

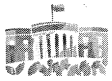
Apple iPad/iPhone Photos App: March 1 & 8
A two session review of the features and functions of the Camera and Photos Apps: including Camera functions: Photo/Video; Editing; Sharing; Printing; Creating Albums; Utilizing; 'Memories' Feature

Apple iCloud for iPhone/iPad: April 5 & 12
A two session review of iCloud uses and features: Including Purpose; Set up; Backups; Access Storage

CURRENT EVENTS *with Susan*

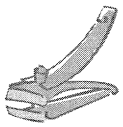
A News Program Designed for People Who Want to Stay Engaged and Up-to-Date

- Wednesdays, March 8 & 22 | April 12 & 26
- 9:30-11:30 a.m.
- $20 donation for all four meetings



One noted journalist said, "Right now, we have more questions than answers." Donald J. Trump is now the 45th President of the United States and is living up to his promises of making big changes. But how will that change our world? and our lives?? As the world works together, where/how does the US weigh in. All those searching for some answers and looking for thoughtful (and civil) conversation – please join us. All viewpoints are welcome.

MANICURES *with Lauren*



- Fridays, March 17 & April 21, 9 a.m.-noontime
- ***By appointment only***

Spring is here and as you start to dig in the dirt, give your hands a break with a hand massage and manicure! Sign up early as spaces fill up fast! $10 per person (checks made out to Lauren)

WAXING *with Licensed Aesthetician Lisa*

- Fridays, March 3 & April 7
- **BY APPOINTMENT ONLY**, 8:30 a.m.-noontime

Lisa can help you look your best and feel great!

Brows.....$10 Lips.....$10 Chin.....$10
Any two services.....$15 All 3 services.....$20

PODIATRY CLINIC *with Dr. Michael Mitry*

- Fridays, March 10 & April 14
- **BY APPOINTMENT ONLY**, 8:30 a.m.-10:30 a.m.

Dr. Mitry, a licensed podiatrist, comes to the Center once a month to help keep your feet in good shape. He offers foot maintenance and nail clipping. This is private pay at $35 per session (checks made out to Dr. Mitry).

BEREAVEMENT GROUP *with LICSW Nina Johnson*

- Wednesdays, March 1 & 15th | April 5 & 19; 10-11 a.m.
- *No cost to this program*

This is an ongoing, open ended bereavement group meeting the first and third Wednesdays of the month at 10:00 a.m. All are welcome, feel free to come at any point to meet with others who are going through the grieving process. We will be meeting in March on the 1st and the 15th and we will meet in April on the 5th and 19th

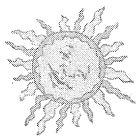
BOOK GROUP *with Bev*

- Thursday, April 13; 10:00 a.m.
- *No cost to this program.*

Reading: *The Art Of Hearing Heartbeats* by Jan-Phillip Sendker
Come join this growing group of avid readers as they read this inspirational love story set in Burma spanning the decades from 1950-present day. New members are always welcome!

NEW FRIENDS OF THE BEREAVED

with Robert and Friends



- Sunday, March 5 & April 2
- 1-4 p.m. at the Center

New Friends is a self-help social bereavement group that is open to anyone who has suffered the loss of a loved one for any reason. New Friends is an opportunity for people who have suffered a loss to get together in a social setting that is relaxed, safe, and inviting. For more information, visit our website: http://newfriendsforbereaved.org

REAL ESTATE 101

Sponsored by Elaine deReyna – Senior Real Estate Specialist

- March 7; 11:00 a.m.
- *No cost to this program but please sign up in advance so we know how many to expect.*

Interested in what's going on in the Westwood real estate market? Do you want to know the value of your home, or maybe the value of homes in your neighborhood? Join us for the third annual discussion about the current real estate market and real estate basics. Topics for discussion include, but not limited to, real estate processes, trends, downsizing and decluttering.

NEWS FROM AROUND TOWN

THE WESTWOOD PUBLIC LIBRARY *presents:*

An Evening with Janet Applefield

- Tuesday, March 21; 7 p.m.

Ms. Applefield discusses what it means to be Holocaust survivor – it comes with blessings and burdens. Janet was four years old, living in Poland when the German's invaded. She became one of "Lena's Children" until her father miraculously found her but her mother did not survive the concentration camps.

GENERAL GENEALOGY AND FAMILY HISTORY

with Michael Brophy

- Wednesday , March 22; 7 p.m.

This lecture covers the basics of starting out in the search of one's ancestry. Basic methodology will be explained along with the first steps to beginning research. A few tips towards organizing a large genealogical project will be given. All are welcome. This program is generously sponsored by the Friends of the Westwood Public Library.

FROM THE TOWN CLERK'S OFFICE

by Town Clerk Dottie Powers

Important Dates to remember:

Annual Town Election: Tuesday, April 25, 2017, 7 a.m. – 8 p.m.
Annual Town Meeting: WHS, Monday, May 1, 2017 at 7:30 pm
Please note that the Senior Center is a polling station and will be closed on April 25.

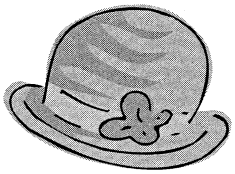
AARP TAX PREPARATION

- Mondays, Feb. 2 – April 11; 9 a.m.-2 p.m.
- *With AARP Tax Aides by appointment ONLY*

The Westwood Senior Center will host AARP Tax Preparation to any low or moderate income senior who needs help preparing their 2016 Federal and Mass income tax forms. AARP Tax Aides will be on hand every Monday in March and continue through April 13th from 9 to 2. APPOINTMENTS FILL UP FAST, so please call the Center and schedule your appointment soon.

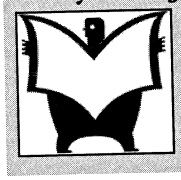
March 2017

WINTER CLOSING: Please remember, *if the schools are closed due to weather, the Center is closed,* which includes cancellation of all programs and transportation. ~*Thanks*

Monday	Tuesday	Wednesday	Thursday	Friday
FIRST DAY OF SPRING HEALTHY BRUNCH *Sponsored by Brookdale of Dedham* ▸ Monday, March 20; 10:15 a.m. ▸ There is no cost for this program, but *you must sign up in advance as space is limited to 25 people* Today is a new day! Come celebrate the First Day of Spring with Chef Craig from Brookdale of Dedham. He will bring delicious and healthy brunch foods for you to enjoy as well as recipes to take home. Don't just eat, fuel your body…be happy AND healthy!		**1** 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 TRADER JOE'S/XMAS 10:00 CRAFTS 10:00 BEREAVEMENT GROUP 12:00 iPAD/iPHONE 1:00 LOW IMPACT EXER.	**2** 8:00 MAT/FLOOR YOGA 9:30 CHAIR YOGA 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 1:00 QUILTING	**3** 8:30 CORE WORKOUT 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 SHAW'S 10:00 BRIDGE
6 9:00 FUN FIT **9:00 AARP TAX HELP** 10:00 WATERCOLOR (INTERMEDIATE) 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXERCISE	**7** 8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR (BEG.) **11:00 REAL ESTATE 101** 1:00 KNITTING 1:00 MOVIE 2:15 MINDS IN MOTION	**8** 8:30 CORE WORKOUT 9:00 SHINE 9:00 FUN FIT 9:00 ERRANDS 9:30 CURRENT EVENTS 12:00 iPAD/iPHONE 1:00 LOW IMPACT EXER.	**9** 8:00 MAT/FLOOR YOGA 9:30 CHAIR YOGA 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 1:30 WOMEN'S CLUB	**10** 8:30 CORE WORKOUT 8:30 PODIATRY 9:00 FUN FIT 9:00 & 10:00 BIG Y 10:00 BRIDGE
13 9:00 FUN FIT **9:00 AARP TAX HELP** 10:00 WATERCOLOR (INTERMEDIATE) 1:00 WATERCOLOR (ADV.)	**14** 8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR (BEG.) 11:15 MEDITATION 1:00 TAI CHI 1:00 KNITTING 2:15 MINDS IN MOTION	**15** 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 ERRANDS 9:00 BLOOD PRESSURE CLINIC 10:00 BEREAVEMENT GROUP 1:30 LEGAL CLINIC	**16** **12:00 ST. PATRICK'S DAY LUNCHEON** 	**17** 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 & 10:00 STOP & SHOP 9:00 MANICURES 10:00 BRIDGE
20 9:00 FUN FIT **9:00 AARP TAX HELP** 10:00 WATERCOLOR (INTERMEDIATE) **10:15 SPRING BRUNCH** 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXERCISE	**21** 8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD **9:00 TWIN RIVERS** 9:30 CHAIR YOGA 10:00 WATERCOLOR (BEG.) 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE 2:15 MINDS IN MOTION	**22** 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 SHINE 9:00 ERRANDS 9:30 CURRENT EVENTS 1:00 LOW IMPACT EXER.	**23** 8:00 MAT/FLOOR YOGA 9:30 MEN'S CLUB 9:30 CHAIR YOGA 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 1:30 GARDEN CLUB	**24** 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 10:00 BRIDGE
27 9:00 FUN FIT **9:00 AARP TAX HELP** 10:00 WATERCOLOR (INTERMEDIATE) 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXERCISE	**28** 8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR (BEG.) **11:00 TAKE WALK/MY SHOES** 11:15 MEDITATION 1:00 TAI CHI 1:00 KNITTING 2:15 MINDS IN MOTION	**29** 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 MARKET BASKET 1:00 LOW IMPACT EXER.	**30** 8:00 MAT/FLOOR YOGA 9:30 CHAIR YOGA 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 1:00 QUILTING	**31** 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 & 10:00 WEGMAN'S 10:00 BRIDGE

CAN YOU HELP US WITH THE COST OF THIS NEWSLETTER?

Do you enjoy receiving this newsletter?



Would you like to help us with the cost of publicizing our programs? The Center could definitely use your support! Please print clearly…thanks.

Name_____ Address_____

Town_____ Zip Code_____

We are asking for **$15 per household** to help cover the cost of publicizing our programs. Please make your check out to the ***Westwood Council on Aging*** (60 Nahatan Street Westwood). **And thank you!!**

April 2017

Lunch served daily through HESSCO at 12:00 p.m. For menu, please stop by the Center or check out our website.
Must sign up for HESSCO lunches in advance. HESSCO sign up phone number is 781-329-6514.

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 FUN FIT **9:00 AARP TAX HELP** 10:00 WATERCOLOR (INTERMEDIATE) 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXERCISE	**4** 8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR (BEGINNER) 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE 2:15 MINDS IN MOTION	**5** 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 ERRANDS 9:00 SHINE 10:00 BEREAVEMENT GROUP 10:00 CRAFTS 12:00 iCLOUD 1:00 LOW IMPACT EXER.	**6** 8:00 MAT/FLOOR YOGA 9:30 CHAIR YOGA 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 1:00 QUILTING	**7** 8:30 CORE WORKOUT 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 BIG Y 10:00 BRIDGE
10 9:00 FUN FIT **9:00 AARP TAX HELP** 10:00 WATERCOLOR (INTERMEDIATE) **12:00 CELEBRATE BASEBALL SEASON** 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXERCISE	**11** 8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR (BEGINNER) **10:30 GARY HYLANDER** 11:15 MEDITATION 1:00 TAI CHI 1:00 KNITTING 2:15 MINDS IN MOTION	**12** 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 SO. SHORE PLAZA 9:30 CURRENT EVENTS 12:00 iCLOUD 1:00 LOW IMPACT EXER.	**13** 8:00 MAT/FLOOR YOGA 9:30 CHAIR YOGA 10:00 BOOK GROUP 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 1:00 QUILTING	**14** 8:30 CORE WORKOUT 8:30 PODIATRY 9:00 FUN FIT 9:00 & 10:00 STOP & SHOP 10:00 BRIDGE
17 **PATRIOT'S DAY CENTER CLOSED** 	**18** 8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR (BEG.) **10:30 GARY HYLANDER** 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE 2:15 MINDS IN MOTION	**19** 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 SHINE 9:00 BLOOD PRESSURE CLINIC 9:00 ERRANDS 10:00 BEREAVEMENT GROUP 1:00 LOW IMPACT EXER.	**20** 8:00 MAT/FLOOR YOGA **9:15 WWII MUSEUM** 9:30 CHAIR YOGA 9:30 WOMEN'S CLUB 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO	**21** 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 9:00 MANICURES 10:00 BRIDGE
24 9:00 FUN FIT 10:00 WATERCOLOR (INTERMEDIATE) 1:00 WATERCOLOR (ADV.) **10:00 LONG TERM HEALTH CARE DISCUSSION** 1:00 LOW IMPACT EXER.	**25** **NO PROGRAMS at the COA** **TOWN ELECTIONS** Van available for a ride to the polls from 9:00-12:00 	**26** 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 WALMART 9:30 CURRENT EVENTS **10:00 MOBILE SHREDDING** 10:00 UNDERSTANDING FINANCIAL ABUSE 1:00 LOW IMPACT EXER.	**27** 8:00 MAT/FLOOR YOGA 9:30 CHAIR YOGA 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 1:30 GARDEN CLUB	**28** 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 & 10:00 SHAW'S 10:00 BRIDGE

CELEBRATE BASEBALL SEASON

- Monday, April 10; noontime
- $5 donation — *space is limited so you must sign up in advance*

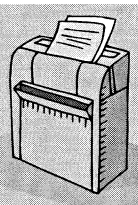
It is spring and the Red Sox are back! We are partnering with HESSCO to offer hotdogs, salad and of course pretzels and popcorn! The TV will be on (Sox vs Tigers) for you to cheer our team!

NOTARY SERVICES

If you need a legal document notarized, call Lina to schedule a time. No cost for this service.

MOBILE SHREDDING

sponsored by District Attorney Michael Morrissey



- Wednesday, April 26 from 10 a.m.-1 p.m.
- Presentation at 10 a.m.

Westwood seniors are invited to safely dispose of sensitive and personal documents to further protect themselves from identity theft and fraud. Visit the senior center on April 26 from 10-1 to speak to DA Morrissey's staff and shred personal documents safely and free of charge. This event, organized to heighten awareness about identity theft and fraud, is sponsored by Norfolk District Attorney Michael Morrissey. Light refreshments. Call to sign up for the presentation. All others are welcome to pull up to the mobile shredding truck for assistance with their boxes and bags of documents to shred.

Westwood Council on Aging
60 Nahatan Street
Westwood, MA 02090
Return Service Requested

PRSRT Non-Profit
US Postage
PAID
Norwood, MA
Permit #81

2*3*972**********SCH 5-DIGIT 02052 FSS
JANET BORGMAN
OR CURRENT RESIDENT
158 BURGESS AVE
WESTWOOD, MA 02090-3010

Westwood Council on Aging

60 Nahatan Street
Westwood, MA 02090
Telephone: 781-329-8799
Fax: 781-329-5949

Hours:
Monday–Thursday: 8:00 a.m. to 4:00 p.m.
Friday: 8:00 a.m. to 2:00 p.m.

Staff and Contact Info

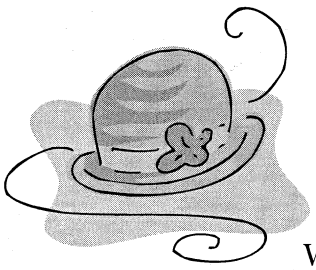
Lina Arena-DeRosa, Director
Trish Tucke, Operations Manager
Karen Segreve, Outreach Counselor
Lorraine Cavanaugh, Administrative Assistant
John Trigilio, Van Driver
Paul Kelly, Van Driver
John Demling, III, Van Driver

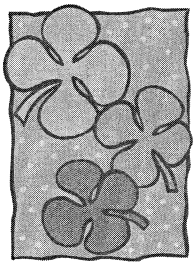
Council on Aging Board Members

Cheryl Fay
Robert Folsom
Mary Gens
Josepha Jowdy
Hillary Kohler
Irene MacEachern
Colleen Messing
Bill Sebet
James M. O'Sullivan

St. Patrick's Day Luncheon

at the Westwood Senior Center





Thursday, March 16 ~ Noontime

Sponsored by: Clark House at Fox Hill Village

$5 donation – Space is limited so you must sign up in advance

Whether you are Irish or not, wear your GREEN and come celebrate all things Irish! Sponsored by our friends at Clark House, we will be serving corned beef and cabbage, Irish Soda Bread and all the fixings. Doolin, an Irish duo (Sponsored by Westwood's Cultural Connection) will serenade you with great Irish ballads!